

Hip Hop ABS

Get fit, easy abs with Shaun T's exciting new program! Using his revolutionary *Absolute Engagement™* technique you'll **FILT, TUCK & TIGHTEN** your way to get flat abs and a leaner body without sit-ups or crunches. Even if you've never danced, you'll learn the easy Hip Hop moves in no time!

FAT BURNING CARDIO

This is not your mom's aerobics video. A maximum calorie burn that targets your ABS, so you burn off the fat while revealing a tight, toned, sexy midsection. Shaun's energy, hot music, and exciting moves like the "Shove down" and "Tap foot" make the time fly by.

AB SCULPT

Are you ready for your very own workout? Shaun teaches you the most innovative standing up and core moves you'll ever experience! With Shaun's **FILT, TUCK & TIGHTEN** technique you'll really fire up those abs muscles and melt the fat!

TOTAL BODY BURN

This heart-to-be workout combines cardio with total body sculpting, while you target your midsection so you burn off the fat and reveal a tight, toned body ... the possibilities to lose inches and say hello to a slimmer waist and flat, sexy abs!

PLUS SECRETS TO FLAT ABS

Are you ready for a secret? The secret to flat abs, that is. Shaun got his rock-hard abs without sit-ups or crunches, and now you can too. Shaun shares the targeted training techniques, **FILT, TUCK & TIGHTEN**, which activates your upper, middle, and lower abs and obliques at the same time so you get beautiful flat, sexy abs!

Special Features

- EVEN LOUDER MUSIC • MEET THE CAST

It's not a lie, it's the truth! Shaun T's workout is so exciting, you'll want to keep it up every day! Visit www.beachbody.com for more information and support.

For more information, visit www.beachbody.com or call 1-800-854-2226.

Produced and Directed by Andrew Schwartz (Dance Party Productions)

Warning: You may sweat your shirt out before you begin this workout! This is a workout!

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BEACHBODY®

Approx. workout time
2 hours 10 minutes



Hip Hop ABS

FAT BURNING CARDIO
TOTAL BODY BURN

PLUS SECRETS TO FLAT ABS
AB SCULPT

DVD

Hip Hop ABS

Includes **3** workouts!

FAT BURNING CARDIO

AB SCULPT

TOTAL BODY BURN

PLUS SECRETS TO FLAT ABS

BEACHBODY®

Hip Hop Abs Nutritional Guide

LM Reder



Hip Hop Abs Nutritional Guide:

This book delves into Hip Hop Abs Nutritional Guide. Hip Hop Abs Nutritional Guide is a vital topic that needs to be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Hip Hop Abs Nutritional Guide, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Hip Hop Abs Nutritional Guide
- Chapter 2: Essential Elements of Hip Hop Abs Nutritional Guide
- Chapter 3: Hip Hop Abs Nutritional Guide in Everyday Life
- Chapter 4: Hip Hop Abs Nutritional Guide in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Hip Hop Abs Nutritional Guide. This chapter will explore what Hip Hop Abs Nutritional Guide is, why Hip Hop Abs Nutritional Guide is vital, and how to effectively learn about Hip Hop Abs Nutritional Guide.
3. In chapter 2, the author will delve into the foundational concepts of Hip Hop Abs Nutritional Guide. This chapter will elucidate the essential principles that need to be understood to grasp Hip Hop Abs Nutritional Guide in its entirety.
4. In chapter 3, the author will examine the practical applications of Hip Hop Abs Nutritional Guide in daily life. This chapter will showcase real-world examples of how Hip Hop Abs Nutritional Guide can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Hip Hop Abs Nutritional Guide in specific contexts. This chapter will explore how Hip Hop Abs Nutritional Guide is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Hip Hop Abs Nutritional Guide. The final chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Hip Hop Abs Nutritional Guide.

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Hip Hop Abs Nutritional Guide Introduction

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